

## CLAIMS

1. A device for generating callused skin on a fingertip, said device comprising:

an exposed upper surface area having a raised ridge extending the  
length of said upper surface area, said ridge further comprising a groove  
transecting said ridge and forming a crest extending perpendicular to the  
length of said ridge and simulating a string of a stringed instrument.

2. The device of claim 1, and further comprising opposing sides  
extending downwardly from said upper surface area, said opposing sides  
culminating in a lip, said upper surface area, opposing sides and lip forming a  
removable cap for releasably attaching said device to a finger exerciser, said  
cap forming the contact area for a fingertip.

3. The device of claim 1, and further comprising opposing sides  
extending downwardly from said upper surface area forming a cap, said cap  
forming the contact area for a fingertip of said device.

4. The device of claim 3, wherein said device is a combination  
individual finger and hand exerciser.

5. A device for generating callused skin on a fingertip for use in  
conjunction with a combination individual finger and hand exerciser having  
individually independent finger grips, said device comprising:

an exposed upper surface area having at least one raised ridge  
extending the length of said upper surface area, said ridge further comprising  
a groove transecting the width of said ridge and forming a crest extending  
perpendicular to the length of said ridge and simulating a string of a stringed  
instrument.

6. The device of claim 5, and further comprising opposing sides  
extending downwardly from said upper surface area, said opposing sides  
culminating in a lip, said upper surface area, opposing sides and lip forming a  
removable cap for releasably attaching said device to said exerciser, said cap  
forming the contact area for a fingertip.

7. The device of claim 5, and further comprising opposing sides  
extending downwardly from said upper surface area forming a cap, said cap

forming the contact area for a fingertip of said combination individual finger and hand exerciser.

8. A method for forming callused skin on a fingertip comprising the steps of:

- 5 providing a hand exerciser with individual independent finger grips;
- adding an exposed upper surface area on top of said finger grips, said surface area having raised ridges and grooves transecting said ridges to simulate a string of a stringed instrument;
- depressing at least one fingertip against said upper surface area when
- 10 exercising said individual independent finger grips;
- creating a ridged area on a fingertip when the fingertip contacts said raised ridges with grooves; and
- generating a callused area on said ridged area of a fingertip by repeatedly depressing at least one finger against said upper surface area.

15 9. The method of claim 8, and further comprising the step of:  
maintaining said callused area on said fingertip through continuous use of said hand exerciser with said upper surface area.

20 10. The method of claim 8, said upper surface area further comprising opposing sides extending downwardly from said upper surface area, said opposing sides culminating in a lip, said upper surface area, opposing sides and lip forming a removable cap for releasably attaching said device to said exerciser, said cap forming the contact area for a fingertip.

25 11. The method of claim 8, wherein said upper surface area further comprises opposing sides extending downwardly from said upper surface area forming a cap, said cap forming the contact area for a fingertip of said individual finger grips of said exerciser.

12. A device for generating callused skin on the fingertip for use in conjunction with a combination individual finger and entire hand exerciser, the device comprising:

- 30 a cap having an exposed upper surface area;
- opposing sides extending downwardly from said upper surface area;
- and

a lip extending inwardly from one edge of said opposing sides;

said upper surface area comprising at least one raised ridge extending the length of said upper surface area, said ridge further comprising a groove transecting the width of said ridge and forming a crest extending the length of said ridge and simulating a string of a stringed instrument;

said upper surface area of said cap further comprising opposing sides extending downwardly from said upper surface area, said cap forming the contact area for a fingertip of said combination individual finger and hand exerciser.

10 13. A device for generating callused skin on the fingertip, said device comprising:

a hand held grip suitable for physical manipulation and placement in the palm of a human hand, said grip comprising a smooth face that rests against the palm, and

15 an exposed upper surface area joined to and opposing said smooth face, said upper surface area having a raised ridge extending over at least a portion of the length of said upper surface area, said ridge further comprising a groove transecting said ridge and forming at least one crest extending perpendicular to the length of said ridge and simulating a string of a stringed instrument.

20 14. The device of claim 13, wherein said upper surface area further comprises a raised ridge extending the width of said upper surface area, said ridge further comprising a groove transecting said ridge and forming a crest extending perpendicular to the length of said ridge and simulating a string of a stringed instrument.

25 15. The device of claim 14, wherein said upper surface area further comprises a first raised ridge extending the width of said upper surface area and a second raised ridge extending the length of said upper surface area and intersecting said first raised ridge to form a cross pattern along said upper surface area.

30 16. The device of claim 13, wherein said upper surface area and said smooth face are joined by a flexible edge.

17. A device for generating callused skin on the fingertip, said device comprising:

a hand held grip suitable for physical manipulation and placement between two fingers of a human hand, said grip comprising a smooth face  
5 that rests against at least one finger, and

an exposed upper surface area opposing said smooth face and in contacting with at the other of at least one finger of the human hand, said upper surface area having a raised ridge extending the length of said upper surface area, said ridge further comprising a groove transecting said ridge  
10 and forming a crest extending perpendicular to the length of said ridge and simulating a string of a stringed instrument.

18. The device of claim 17, wherein said upper surface area further comprises a raised ridge extending the width of said upper surface area, said ridge further comprising a groove transecting said ridge and forming a crest  
15 extending perpendicular to the length of said ridge and simulating a string of a stringed instrument.

19. The device of claim 18, wherein said upper surface area further comprises a first raised ridge extending the width of said upper surface area and a second raised ridge extending the length of said upper surface area  
20 and intersecting said first raised ridge to form a cross pattern along said upper surface area.

20. The device of claim 17, wherein said hand held grip is in the form of a guitar pick.

21. The device of claim 17, wherein said hand held grip is formed to  
25 simulate the area of a stringed instrument having a cord stretched on the instrument for striking, plucking or bowing to produce sounds.